

## Vegetables:



### To cook

Boil, steam, or bake. Then blend and mash. Do not add salt, sugar, or fat.



## Meat and meat alternatives:



### Basic meat recipe

Mix one half cup of cubed meat that is well-cooked and 2 tablespoons of breastmilk, formula, or unsalted beef broth.



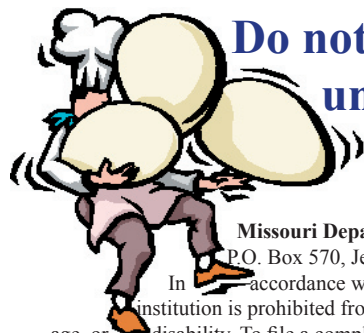
### Liver

Steam liver in a small amount of water in a small pan for about 8-10 minutes and blend.



### Hard cooked eggs

Put a fresh egg in water. Bring water to a boil. Turn off the heat and let the egg sit in hot water. Remove the cooked yolk and mash with a fork.



**Do not serve egg whites to infants under 12 months!**

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NPE – 10/04

# TIPS FOR MAKING HOMEMADE BABY FOOD



## Suggested Feeding Schedule

Age in Months	Appropriate Food	Daily Amounts
<b>0–4</b>	Breastmilk  Iron-fortified formula	Birth to 4 weeks = 8-12+ feedings 1 to 4 months = 6-10+ feedings  14-43 ounces
<b>4-6</b>	Breastmilk Iron-fortified formula Iron-fortified infant cereal Infant/regular 100% pure fruit juice* (cup only)	6-8+ feedings 27-49 ounces 1-8 tablespoons (after mixing) Only if child can take from a cup
<b>6-8</b>	Breastmilk Iron-fortified formula Iron-fortified infant cereal Fruit juice* (cup only) Plain strained/pureed vegetables Plain strained/pureed fruits Plain strained/pureed meats Offer 4-8 ounces water once meats are added	4-6+ feedings 27-32 ounces 4-8 tablespoons (after mixing) 2-4 ounces (from a cup) 4-8+ tablespoons 4-8+ tablespoons Can be added if another iron source is needed
<b>8-10</b>	Breastmilk Iron-fortified formula Iron-fortified infant cereal Fruit juice* (cup only) Pureed/mashed cooked vegetables Pureed/mashed cooked fruits Pureed/finely chopped/plain strained meat, poultry, fish, egg yolk, mashed beans/peas	4-6+ feedings 24-32 ounces 4-8+ tablespoons (after mixing) 4 ounces (from a cup) 4-8+ tablespoons 4-8+ tablespoons Total of 1-6 tablespoons of meat and other protein foods
<b>10-12</b>	Breastmilk Iron-fortified formula Iron-fortified infant cereal Other grains-noodles, rice, crackers, bread Fruit juice* (cup only) Mashed/chopped cooked vegetables Mashed/chopped cooked fruits Pureed/chopped meat, poultry, fish, egg yolk, cheese, yogurt, mashed beans/peas	4-6+ feedings 24-32 ounces 4-8+ tablespoons Can be added  4 ounces (from a cup) 6-8+ tablespoons  6-8+ tablespoons Total of 2-8 tablespoons of meat and other protein foods

\*Caution: Watch for reactions to citrus, pineapple, and tomato juice. Delay the use of these juices until 6 months of age or older.

## Let's Get Started!!!

### Step 1: Materials

Before beginning to make homemade baby food, save time by collecting the items needed:

- 😊 **Fork**
- 😊 **Knife**
- 😊 **Rubber spatula**
- 😊 **Vegetable brush**
- 😊 **Peeler**
- 😊 **Saucepan or steamer**
- 😊 **Strainer**
- 😊 **Food grinder or food processor**
- 😊 **Blender**



### Step 2: Preparation Checklist

When preparing to make homemade baby food, always follow this preparation checklist:

- ✓ **Wash your hands with soap and warm water**
- ✓ **Wash all tools with soap and warm water**
- ✓ **Wash all working surfaces with soap and water**
- ✓ **Wash and peel fruits and vegetables**
- ✓ **Remove seeds and pits from fruits and vegetables**
- ✓ **Remove fat, bones, and gristle from meat, fish, and poultry**
- ✓ **Use separate cutting boards for meat and nonmeat foods**



**Homemade baby food can help your baby grow well!**

### Step 3: Production of Homemade Baby Food

There are several different ways to get food to a consistency an infant can handle. Some examples are listed below:



😊 You can use a blender to puree meats, vegetables, and fruit to a smooth consistency.

😊 You can use a mesh strainer to puree very soft cooked vegetables and ripe or cooked fruits. Push the food through the strainer with the back of a spoon.

😊 You can use a food mill or food processor to puree cooked fruits and vegetables into a smooth consistency. Cut the food into pieces and then place through the food mill or into the processor. The skins and seeds will stay in the mill.

😊 You can use a food grinder or food processor to grind up meats. This should be used for older infants, 10-12 months old.

😊 For older infants, 10-12 months old, foods can be mashed with a fork or chopped into small pieces with a knife.

### Step 4: Service and Storage Checklist

✓ If planning to use baby food right away, serve soon after preparation, but do allow to cool for about 10-15 minutes so it won't burn infant's mouth.

✓ Use refrigerated meats and egg yolks within 24 hours.

✓ Use other prepared refrigerated foods within 48 hours.

✓ Cover and refrigerate or freeze immediately after food is prepared.

✓ If food is left unrefrigerated for over two hours, throw it out.



### Follow one of the following ways to freeze homemade baby food:

😊 **Ice cube tray method** - Pour cooked pureed food into ice trays, cover, and freeze.



😊 **Cookie sheet method** - Place 1-2 tablespoons of cooked pureed food in separate spots on cookie sheet, cover, and freeze.

Once frozen, place frozen cubes or pieces in a freezer container or a freezer bag. Label and date. Use within one month. When ready to use food, remove from freezer and reheat.

**Do not thaw food at room temperature!**

## How-To Tips

### Fruits:



#### **Cooked fruits**

Wash fresh fruit. Cook in a little bit of boiling water until soft. Puree or strain so all the lumps are gone. Make sure there are no seeds or skin in the fruit. Rinse canned fruit to remove part of the sugar if canned in syrup.



#### **Banana and other fresh fruit**

Ripe bananas are brown with spots. Mash a little with a fork. Other fresh fruits can also be mashed: ripe cantaloupe, peaches, apricots, pears, and prunes.



#### **Frozen fruits**

Frozen unsweetened fruits purchased in bags can be slightly thawed, then blended and frozen in ice cube trays.